

NAVIGATING THE DEMENTIA DIAGNOSIS PROCESS

The Placer County Healthy Brain Initiative wants to help support you through the dementia diagnosis process. If you are viewing this resource online, each link is clickable. If you are viewing this resource on paper, you can Google search these terms.

PREPARE IN ADVANCE

If you or a loved one might have Alzheimer's disease or a related dementia, the links below help you learn more about the early warning signs and speaking with your doctor:

- [Alzheimer's Association Northern California & Nevada Chapter](#)
- [Placer County Healthy Brain Initiative](#)



SEEKING DIAGNOSIS

Schedule a time to talk with your doctor. Prepare questions and share more about your concerns. This is the time to ask questions and understand next steps. These links can help you prepare:

- [Speaking with your Doctor](#)
- [Dementia Diagnosis Process](#)



UNDERSTANDING THE DIAGNOSIS

Learning about an Alzheimer's or a related dementia diagnosis can be life changing. Coming to terms with the diagnosis takes time. Learn more about this process with these resources:

- [Accepting the Diagnosis](#)
- [Life After Diagnosis](#)



FINDING COMMUNITY RESOURCES

There are many community resources and programs that are available to residents.

- [Del Oro Caregiver Resource Center](#)
- [Placer Independent Resource Center](#)
- [Seniors First](#)



COMMUNITY CONNECTIONS

You are not alone. Find support groups to help.

- [Alzheimer's Association Support Groups](#)
- [Del Oro Caregiver Resource Center Support Groups](#)

LONG-TERM CARE PLANNING

Creating a care plan is essential when living with or supporting someone living with Alzheimer's disease or a related dementia. Learn more about care planning with these resources:

- [Planning for Future After a Dementia Diagnosis](#)

